



# Let's deal with stress

in ways that don't stress our babies

## Take care of yourself so you can take care of your family.

- Reduce stress: stress can cause a baby to be born too soon.
- Eat well and take vitamins.
- Exercise.
- Get enough sleep.
- Avoid smoking, alcohol and drugs.
- Reach out for help.

### For more information:

Call 1-800-722-2295

Maternal and Child Health Hotline

Text "NoStress" to 32075

Visit [myspace.com/JourneyofaLifetime](http://myspace.com/JourneyofaLifetime)



**JOURNEY of a LIFETIME**  
Healthy Babies through Healthy Families

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